

Norfolk Schools Athletics Championships inc. Cambridgeshire, Lincolnshire & Suffolk ext entrants - 12th June 2021, Norwich							
	NORFOLK CHAMPION						
	1500m	Senior Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Megan Gadsby	City College Norwich (CoNAC)	U20	Female	Norfolk	04:43.1	
2	Rebecca Morley	Abbeygate Sixth Form College / West Suffolk AC	U20	Female	Suffolk	05:23.7	
3	Kitty Taylor	Norwich School	U20	Female	Norfolk	05:27.0	
	1500m	Inter Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Memphis Symonds	Dereham Neatherd High/CONAC	U17	Female	Norfolk	05:14.1	
2	Eleanor Phillips	CNS, Conac	U17	Female	Norfolk	05:23.9	
3	Tess Andrews	Framingham Earl High School	U17	Female	Norfolk	05:30.3	
4	Abbi McCallum	Alderman Peel High School & North Norfolk Harriers	U17	Female	Norfolk	05:31.5	
5	Lil Slaughter	Hethersett Academy/ CONAC	U17	Female	Norfolk	05:55.3	
6	Annabelle Jackson	Wymondham College	U17	Female	Norfolk	06:04.5	
7	Isabella Green	Dereham Neatherd and Dereham runners	U17	Female	Norfolk	06:19.9	
8	Isabella Taylor	Thorpe St Andrew School and Sixth Form	U17	Female	Norfolk	06:29.5	
9	Emily Newton	Thorpe St. Andrew High School	U17	Female	Norfolk	06:56.5	
	1500m	Inter Boys A					
Position	Name	School/Club	Category	Gender	County	Time	
1	Edward Linsdell	Bourne Academy/Peterborough and Nene Valley A.C	U17	Male	Lincolnshire	04:31.6	
2	Toby Nelson	Wymondham High Academy (CoNAC)	U17	Male	Norfolk	04:31.9	
3	Ben Phillips	Linton Village College	U17	Male	Cambridgeshire	04:33.0	
4	Daniel Conway	Norwich School	U17	Male	Norfolk	04:33.9	
5	Freddie Snary	Wymondham College	U17	Male	Norfolk	05:00.6	
6	Oliver Carpenter	Sheringham High School	U17	Male	Norfolk	05:03.1	
7	Riley Bennett	Dereham Neatherd High School	U17	Male	Norfolk	05:14.7	
8	Josh Read	Litcham high school, Dereham runners ac	U17	Male	Norfolk	05:16.6	
	1500m	Inter Boys B					
Position	Name	School/Club	Category	Gender	County	Time	

1	James Peck	Mildenhall College Academy (Bury Pacers)	U17	Male	Suffolk	04:08.5	
2	Kai Chilvers	Hampton College PANVAC	U17	Male	Cambridgeshire	04:15.4	
3	Jeya Kandola	Open Academy (City of Norwich club)	U17	Male	Norfolk	04:22.6	
4	Malachi Fabian	Bungay High School/Beccles and Bungay Harriers	U17	Male	Suffolk	05:28.8	
	1500m	Junior Boys					
Position	Name	School/Club	Category	Gender	County	Time	
1	Joseph Machin	Wymondham College	U15	Male	Norfolk	04:31.0	
2	Zachary Dunne	Notre Dame High School (club - CoNAC)	U15	Male	Norfolk	04:35.6	
3	Samuel Yellop	Open Academy and City of Norwich Athletics Club	U15	Male	Norfolk	04:39.7	
4	William Percival	Wymondham High , Attleborough Athletics Academy	U15	Male	Norfolk	04:48.3	
5	George Rivett	Norwich School (North Norfolk Harriers)	U15	Male	Norfolk	04:50.9	
6	Sebastian Melero	Thurston Community College / Saint Edmund Pacers	U15	Male	Suffolk	04:57.3	
7	Tobias Cheesbrough	Neatherd Dereham	U15	Male	Norfolk	05:00.8	
8	Max Parsley	Fakenham Academy	U15	Male	Norfolk	05:01.2	
9	Henry Ashton	City of Norwich School / City of Norwich AC	U15	Male	Norfolk	05:05.4	
10	Max Godfrey	Thorpe St Andrew School	U15	Male	Norfolk	05:11.3	
11	Billy Eccles	Hethersett Academy	U15	Male	Norfolk	05:16.7	
12	Jonty Bridger	Cottenham Village College, Cambridge and Coleridge	U15	Male	Cambridgeshire	05:17.6	
13	Ruben Xuereb	Aylsham High School / City of Norwich AC	U15	Male	Norfolk	05:25.9	
14	Sonny Battell	KES Bury	U15	Male	Suffolk	05:27.0	
	1500m	Junior Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Connie Easter	Neatherd High School. CoNAC	U15	Female	Norfolk	04:58.6	
2	Verity Valentine	The Perse - Saint Edmund Pacers	U15	Female	Suffolk	05:04.1	
3	Rosie Dickety	Aylsham High School, North Norfolk Harriers	U15	Female	Norfolk	05:04.1	
4	Alice Fearn	Caistor grammar school lincolnshire/wreake soar AC	U15	Female	Lincolnshire	05:13.2	
5	Georgia Shirley	Thorpe St Andrew; City of Norwich athletics club	U15	Female	Norfolk	05:17.5	
6	Bethany Wilson	Old Buckenham High School	U15	Female	Norfolk	05:18.4	
7	Millie Adams	Taverham High School / CONac	U15	Female	Norfolk	05:20.7	
8	Erin Hernon	Wymondham College	U15	Female	Norfolk	05:22.0	
9	Bronwen Nelson	Wymondham High Academy (CoNAC)	U15	Female	Norfolk	05:38.4	

10	Lilymae Coote	Flegg high school Gydac	U15	Female	Norfolk	06:34.4	
	1500m	Senior Boys					
Position	Name	School/Club	Category	Gender	County	Time	
1	Patrick Thomas	Norwich School	U20	Male	Norfolk	04:17.1	
2	Marcus Holt	Springwood High School, WNAC	U20	Male	Norfolk	04:19.0	
3	Samuel Cooper	Sheringham Sixth Form/North Norfolk Harriers Athletic club	U20	Male	Norfolk	04:20.0	
4	Reuben Andrews	City of Norwich School	U20	Male	Norfolk	04:21.0	
5	Freddie Adams	Suffolk, Ipswich harriers	U20	Male	Suffolk	04:28.8	
	300m hurdles	Inter Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Mia Bailey	Taverham High	U17	Female	Norfolk	50.2	
2	Georgia Pegg	Wymondham College (City of Norwich AC)	U17	Female	Norfolk	52.9	
	400m	Inter Boys					
Position	Name	School/Club	Category	Gender	County	Time	
1	Calvin Smith	Open Academy Norwich / Shaftesbury Barnet Harriers	U17	Male	Norfolk	50.0	
2	William Scates	Hartismere school Eye and CONAC	U17	Male	Suffolk	52.9	
3	Louis Burkett	Wymondham College	U17	Male	Norfolk	57.3	
4	William Pinch	Thorpe St Andrew	U17	Male	Norfolk	58.3	
5	Jacob Last	Neatherd High School and DRAC	U17	Male	Norfolk	65.0	
	400m	Senior Boys / Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Rafe Lochore	Gresham's	U20	Male	Norfolk	52.8	
2	Daniel Harrison	East Norfolk Sixth Form College and GYDAC	U20	Male	Norfolk	53.2	
3	Grace Forster	Langley school	U20	Female	Norfolk	62.2	
4	Louisa Johnstone	Gydac	U20	Female	Norfolk	68.1	
	300m	Inter Girls A					
Position	Name	School/Club	Category	Gender	County	Time	
1	Hannah Pain	Wymondham High Academy / CoNAC	U17	Female	Norfolk	42.8	

2	Inés Green	Ipswich High School/ Ipswich Harriers	U17	Female	Suffolk	45.2	
3	Grace Hare	Gresham's	U17	Female	Norfolk	50.6	
	300m	Inter Girls B					
Position	Name	School/Club	Category	Gender	County	Time	
1	Isabel smythe	Thetford grammar, conac	U17	Female	Norfolk	45.0	
2	Ruby Love	Sheringham high / conac	U17	Female	Norfolk	45.7	
3	Madison Kelly	Norwich School & CoNAC	U17	Female	Norfolk	46.2	
4	Sophie Crowle	Thorpe St Andrew	U17	Female	Norfolk	46.9	
5	Isabella Williams	Wymondham High/City of Norwich	U17	Female	Norfolk	49.3	
6	Emily Monk	Thorpe St Andrew School and Sixth Form	U17	Female	Norfolk	51.8	
7	Izzy Williamson	Thorpe St Andrew	U17	Female	Norfolk	54.6	
	300m	Junior Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Edith Avowlanu	Thorpe St Andrew School /City of Norwich Athletics Club	U15	Female	Norfolk	45.2	
2	Ella Goldring	Alderman Peel - Ryston runners	U15	Female	Norfolk	47.4	
3	Esmé Jonas	Cromer Academy / North Norfolk Harriers	U15	Female	Norfolk	47.9	
4	Tamara Riches	Diss High School. Diss District Athletics Club	U15	Female	Norfolk	48.4	
5	Martha Frohn	Farlingaye High School (club Ipswich Harriers)	U15	Female	Suffolk	49.9	
6	Scarlette Allenby	Framingham Earl High School	U15	Female	Norfolk	52.2	
	300m	Junior Boys A					
Position	Name	School/Club	Category	Gender	County	Time	
1	Stan Chevous	Farlingaye High School and Ipswich Harriers	U15	Male	Suffolk	38.6	
2	Daniel Orekogbe	Wymondham College	U15	Male	Norfolk	41.1	
3	Joel Iyaji	Notre Dame High School, Norwich	U15	Male	Norfolk	49.1	
4	Harry Malton	KESA/ West Norfolk Athletics	U15	Male	Norfolk	49.2	
	300m	Junior Boys B					
Position	Name	School/Club	Category	Gender	County	Time	
1	William Percival	Wymondham High , Attleborough Athletics Academy	U15	Male	Norfolk	41.4	
2	Theo Carus	Jane Austen College	U15	Male	Norfolk	46	

3	William Crowther	Swavesey Village College, Huntingdon Athletics Club	U15	Male	Cambridgeshire	47.6	
	3000m 1						
Position	Name	School/Club	Category	Gender	County	Time	
1	James Price	Norwich School (CoNAC)	U20	Male	Norfolk	08:54.6	
2	Reuben Andrews	City of Norwich School	U20	Male	Norfolk	09:28.7	
3	Zak Houghton	Thorpe St Andrew Sixth Form (CoNAC)	U20	Male	Norfolk	10:02.3	
4	Hattie Reynolds	Gresham's School / North Norfolk Harriers Athletics Club	U17	Female	Norfolk	10:23.0	
5	Grace Buchanan	Paston College and North Norfolk Harriers AC	U20	Female	Norfolk	10:56.6	
6	Joseph Oxtoby	Gresham's	U20	Male	Norfolk	11:24.2	
7	Emily Cahir	Norwich School	U20	Female	Norfolk	11:44.8	
8	Martha Shawyer	Sheringham High School	U17	Female	Norfolk	12:09.8	
9	Annabelle Jackson	Wymondham College	U17	Female	Norfolk	13:42.9	
	3000m 2						
Position	Name	School/Club	Category	Gender	County	Time	
1	Oliver Hitchcock	Ipswich School Ipswich Harriers	U17	Male	Suffolk	09:01.7	
2	Harry Smith	Framingham Earl High School	U17	Male	Norfolk	09:50.7	
3	William Browne	Hobart High School - Waveney Valley	U17	Male	Norfolk	09:58.1	
4	Matthew Lightfoot	Framingham Earl High School	U17	Male	Norfolk	10:56.6	
	75m Hurdles	Junior Girls				Wind +2.3	
Position	Name	School/Club	Category	Gender	County	Time	
1	Isabelle Mardle	Norwich School (City of Norwich athletics club)	U15	Female	Norfolk	11.3	
2	Sienna Slater	St. George's Sleaford, (PANVAC club)	U15	Female	Lincolnshire	12.4	
3	Poppy Harrison	Hartismere High School - CONAC	U15	Female	Suffolk	12.7	
4	Oosha Moondi	Gresham's	U15	Female	Norfolk	12.8	
5	Chelsey Irving	Hethersett Academy and Conac	U15	Female	Norfolk	12.8	
6	Amelia Gooding	West Norfolk athletic club	U15	Female	Norfolk	12.9	
7	Charlotte Gilding	Framingham Earl High School (Conac)	U15	Female	Norfolk	13.6	
8	Lola Smith	Hethersett Academy	U15	Female	Norfolk	14.1	

	80m Hurdles	Inter Girls				Wind +0.3	
Position	Name	School/Club	Category	Gender	County	Time	
1	Katie Marsh	The Deepings School. PANVAC	U17	Female	Lincolnshire	12.2	
2	Mia Bailey	Taverham High	U17	Female	Norfolk	12.4	
3	Rose Fairhurst	Sheringham High School/City of Norwich AC	U17	Female	Norfolk	13.4	
4	Maggie Bean	Aylsham High School and GYDAC	U17	Female	Norfolk	13.8	
	80m Hurdles	Junior Boys				Wind +1.9	
Position	Name	School/Club	Category	Gender	County	Time	
1	Barney Clarke	Hartismere high school	U15	Male	Suffolk	11.8	
2	Jack Wheatley	Sir Harry Smith Community College (PANVAC)	U15	Male	Cambridgeshire	12.7	
3	Billy Francis	Norwich School	U15	Male	Norfolk	13.3	
4	Orson Chitty	Wymondham College	U15	Male	Norfolk	16.1	
	100m Hurdles	Inter Boys/Senior Girls				Wind +2.8	
Position	Name	School/Club	Category	Gender	County	Time	
1	Jaiden Dean	City of Norwich Athletic Club (home-schooled)	U17	Male	Norfolk	13.4	
2	Eljay Secker	UAH Holbeach and Peterborough & Nene Valley	U17	Male	Lincolnshire	13.6	
3	Liam Clare	St Clements High School & Ryston Runners	U17	Male	Norfolk	14.6	
4	Barney McCallum	Northgate high school/ Ipswich Harriers	U17	Male	Suffolk	14.8	
5	Jay Liczbinski	Downham Market Academy, Ryston Runners	U17	Male	Norfolk	16.2	
6	Kirsty Sait Stewart	Notre Dame	U20	Female	Norfolk	20.4	
	100m/110m Hurdles	Senior Boys				Wind +3.1	
Position	Name	School/Club	Category	Gender	County	Time	
1	Bobby Rash	Gresham's	U20	Male	Norfolk	16.5	
	800m	Senior Boys					
Position	Name	School/Club	Category	Gender	County	Time	

1	Daniel Harrison	East Norfolk Sixth Form College and GYDAC	U20	Male	Norfolk	01:58.6	
2	Danny Adams	CONac	U20	Male	Norfolk	02:03.9	
3	Jake Hart	Thorpe St Andrew Sixth Form and Conac	U20	Male	Norfolk	02:04.7	
4	Patrick Thomas	Norwich School	U20	Male	Norfolk	02:07.5	
5	Harry Adams	Gresham's	U20	Male	Norfolk	02:10.0	
6	William Blythe-Bartram	Norwich School	U20	Male	Norfolk	02:12.5	
7	Freddie Power	Norwich School	U20	Male	Norfolk	02:18.9	
	800m 1						
Position	Name	School/Club	Category	Gender	County	Time	
1	Henry Jonas	North Norfolk Harriers	U17	Male	Norfolk	02:00.0	
2	Aaron Roberts	Caister Academy	U17	Male	Norfolk	02:01.4	
3	Harry Smith	Framingham Earl High School	U17	Male	Norfolk	02:11.7	
4	Ben Halliday	Hobart High School-City of Norwich Athletics Club	U17	Male	Norfolk	02:13.1	
5	Connor Gowing	Notre Dame High School Norwich	U17	Male	Norfolk	02:15.2	
6	Jacob Last	Neatherd High School and DRAC	U17	Male	Norfolk	02:32.3	
7	Chad Akili	Notre Dame High School	U17	Male	Norfolk		
	800m 2						
Position	Name	School/Club	Category	Gender	County	Time	
1	Tom Cugnoni	Wymondham High/Conac	U17	Male	Norfolk	02:08.1	
2	Seb Beedell	Bourne grammar school, Panvac	U17	Male	Lincolnshire	02:08.4	
3	William Pinch	Thorpe St Andrew	U17	Male	Norfolk	02:21.5	
4	Louis Preston	Attleborough Academy (Dereham Runners)	U17	Male	Norfolk	02:24.6	
5	Robbie Dalrymple	Taverham CONAC	U17	Male	Norfolk	02:37.1	
6	Llewellyn Walker	Northgate, Dereham Runner	U17	Male	Norfolk	02:39.3	
	800m 3						
Position	Name	School/Club	Category	Gender	County	Time	
1	James McAllen	Benjamin Britten Academy (Waveney Valley AC)	U15	Male	Suffolk	02:09.3	
2	Jake Dorbin	Thetford Academy / Thetford AC	U15	Male	Norfolk	02:16.0	
3	Ru McIntyre	Gresham's	U15	Male	Norfolk	02:21.1	

4	Jay Stocker	Thorpe St Andrew High School	U17	Male	Norfolk	02:30.1	
5	Harry Malton	KESA/ West Norfolk Athletics	U15	Male	Norfolk	02:38.8	
6	Matthew Benson	broadland high school north norfolk harriers	U15	Male	Norfolk	02:43.2	
7	Aaron Jones	Dereham, Neatherd High School & Dereham Runners	U15	Male	Norfolk	02:46.1	
	800m 4						
Position	Name	School/Club	Category	Gender	County	Time	
1	Tom Waterworth	Abbey College, Ramsey & Hunts AC	U15	Male	Cambridgeshire	02:05.8	
2	Stan Chevous	Farlingaye High School and Ipswich Harriers	U15	Male	Suffolk	02:14.0	
3	Ted Ash	Bourne Academy - PNVAC	U15	Male	Lincolnshire	02:19.5	
4	William Wassmer	Stalham high school. GYDAC	U15	Male	Norfolk	02:23.3	
5	Thomas O'Neill	Norwich School	U15	Male	Norfolk	02:24.6	
6	William Crowther	Swavesey Village College, Huntingdon Athletics Club	U15	Male	Cambridgeshire	02:46.6	
	800m 5						
Position	Name	School/Club	Category	Gender	County	Time	
1	Madeleine Short	Notre Dame High School and CONAC	U20	Female	Norfolk	02:21.4	
2	Madelene Bacon	City of norwich school & CONAC	U17	Female	Norfolk	02:23.3	
3	Tia-Lilly Crane	Alderman peel high	U17	Female	Norfolk	02:26.9	
4	Lana Inniss	Northgate High School, Ipswich Harriers	U15	Female	Suffolk	02:36.2	
5	Marni Sillitoe	Soham Village College, St Eds	U17	Female	Suffolk	02:39.9	
6	Amber Bradnam	Thurston Community College Saint Edmund's Pacers	U17	Female	Suffolk	02:40.9	
7	Emily Newton	Thorpe St. Andrew High School	U17	Female	Norfolk	03:16.5	
	800m 6						
Position	Name	School/Club	Category	Gender	County	Time	
1	Evie Hood	Gresham's	U15	Female	Norfolk	02:29.9	
2	Edith Avowlanu	Thorpe St Andrew School /City of Norwich Athletics Club	U15	Female	Norfolk	02:31.4	
3	Esme Jonas	Cromer Academy / North Norfolk Harriers	U15	Female	Norfolk	02:36.3	
4	Ava Mears	Reepham High School / North Norfolk Harriers AC	U15	Female	Norfolk	02:38.1	
5	Chloe Holmes	Norwich School	U15	Female	Norfolk	02:45.8	
	800m 7						

Position	Name	School/Club	Category	Gender	County	Time	
1	Lily Burton	Kesgrave High School and Ipswich harriers	U15	Female	Suffolk	02:31.3	
2	Stevie Ashby	Aylsham high school, north norfolk harriers	U15	Female	Norfolk	02:34.1	
3	Faith Perkins	Bourne Grammar/PANVAC	U15	Female	Lincolnshire	02:36.7	
4	Libby Ong	Wymondham College	U15	Female	Norfolk	02:38.2	
5	Mabel Gigg	Notre Dame	U15	Female	Norfolk	02:56.9	
	200m	Senior Boys				Wind +2.6	
Position	Name	School/Club	Category	Gender	County	Time	
	Jason Bogle	Stamford College - Huntingdonshire Athletics Club	U20	Male	Lincolnshire	22.4	
	James Burrage	Gresham's	U20	Male	Norfolk	22.6	
	Luke Phillips	The Deepings Academy and PANVAC	U20	Male	Lincolnshire	23.5	
	200m	Senior Girls				Wind +0.2	
Position	Name	School/Club	Category	Gender	County	Time	
	Mia Moore	Springwood Highschool and West Norfolk Athletics Club	U20	Female	Norfolk	28.4	
	Millie Bastian	West Norfolk Athletics Club	U20	Female	Norfolk	28.6	
	200m	Inter Girls				Wind 0.0	
Position	Name	School/Club	Category	Gender	County	Time	
1	Evie Patrick	Reepham High School and College CoNAC	U17	Female	Norfolk	25.1	
2	Ruby Love	Sheringham high / conac	U17	Female	Norfolk	28.6	
3	Inés Green	Ipswich High School/ Ipswich Harriers	U17	Female	Suffolk	28.8	
4	Lara Densley	Thorpe St Andrew	U17	Female	Norfolk	29.1	
5	Sophie Crowle	Thorpe St Andrew	U17	Female	Norfolk	29.7	
6	Memphis Symonds	Dereham Neatherd High/CONAC	U17	Female	Norfolk	30.2	
	200m	Inter Boys A				Wind 0.0	
Position	Name	School/Club	Category	Gender	County	Time	
1	Calvin Smith	Open Academy Norwich / Shaftesbury Barnet Harriers	U17	Male	Norfolk	23.0	
2	Joel Burgess	Sir John Leman	U17	Male	Suffolk	23.4	

3	Harry Fox	Gresham's	U17	Male	Norfolk	25.0	
4	Louis Burkett	Wymondham College	U17	Male	Norfolk	25.3	
5	James Walshe	Thurston Community College- West Suffolk Athletics	U17	Male	Suffolk	26.4	
6	Josh Read	Litcham high school, Dereham runners ac	U17	Male	Norfolk	27.0	
7	Jack McIntosh	Thorpe St Andrew School and sixth form	U17	Male	Norfolk	28.0	
	200m	Inter Boys B				Wind +1.7	
Position	Name	School/Club	Category	Gender	County	Time	
1	William Trangmar	Soham Village College, West suffolk athletics	U17	Male	Cambridgeshire	23.7	
2	William Scates	Hartismere school Eye and CONAC	U17	Male	Suffolk	24	
3	Zak Jones	Norwich School	U17	Male	Norfolk	24.1	
4	Oliver Carpenter	Sheringham High School	U17	Male	Norfolk	27.8	
5	Yung Tsang	Culford school	U17	Male	Suffolk	28.7	
	200m	Junior Girls A				Wind +0.7	
Position	Name	School/Club	Category	Gender	County	Time	
1	Isabella Rushmere	Hobart High School/GYDAC	U15	Female	Norfolk	26.4	
2	Chloe Thorne	Long Stratton High - Conac	U15	Female	Norfolk	27.1	
3	Aisha Elouassi	Dereham Neatherd high school conac	U15	Female	Norfolk	28.3	
4	Agatha Gouldby	East Point Academy Waveney Valley AC	U15	Female	Suffolk	28.9	
5	Emily Roberts	Caister Academy	U15	Female	Norfolk	29.1	
6	BB Brook	Litcham School (and CoNAC)	U15	Female	Norfolk	29.4	
	200m	Junior Girls B				Wind +0.9	
Position	Name	School/Club	Category	Gender	County	Time	
1	Lily Bradley	Hethersett Academy (CONAC)	U15	Female	Norfolk	25.8	
2	Ruby Avis	Hadleigh High	U15	Female	Suffolk	28.5	
3	Serena Akomah	Hethersett Academy (City of Norwich athletic club)	U15	Female	Norfolk	28.8	
4	Neve Devine	Norwich School	U15	Female	Norfolk	29.9	
5	Libby Ong	Wymondham College	U15	Female	Norfolk	30.3	
6	Nevaeh Gordon	Chantry academy. Ipswich harriers	U15	Female	Suffolk	31.7	

	200m	Junior Boys A				Wind +0.4	
Position	Name	School/Club	Category	Gender	County	Time	
1	Cody Steward	Thurston community college	U15	Male	Suffolk	26.4	
2	Alfie Hannent	Framingham Earl High School	U15	Male	Norfolk	26.5	
3	Anthony Iyaji	Notre Dame High School	U15	Male	Norfolk	30.8	
	200m	Junior Boys B				Wind +0.9	
Position	Name	School/Club	Category	Gender	County	Time	
1	James McAllen	Benjamin Britten Academy (Waveney Valley AC)	U15	Male	Suffolk	25.5	
2	Kavanaugh Remy	Wymondham College	U15	Male	Norfolk	26.4	
3	Oluwaferanmi Afolabi	Wymondham College	U15	Male	Norfolk	25.2	
4	Solomon Read	Caister Academy & GYDAC	U15	Male	Norfolk	29.6	
5	Tobi Dada	Royal Hospital School	U15	Male	Suffolk	29.8	
	1500m Steeplechase	Inter / Senior Girls					
Position	Name	School/Club	Category	Gender	County	Time	
1	Holly Fisher	Farlingaye High School and Ipswich Harriers	U20	Female	Suffolk	05:18.0	
2	Esme Abbott	Notre Dame High School and CoNAC	U17	Female	Norfolk	06:14.4	
	1500m Steeplechase	Inter Boys					
Position	Name	School/Club	Category	Gender	County	Time	
1	Rowan Shearer	Thurston Community College & West Suffolk AC	U17	Male	Suffolk	04:52.1	
2	Dominic Pauley	Hinchingbrooke Schools Huntingdonshire AC	U17	Male	Cambridgeshire	05:00.0	
	100m	Senior Boys				Wind +0.7	
Position	Name	School/Club	Category	Gender	County	Time	
1	Jason Bogle	Stamford College - Huntingdonshire Athletics Club	U20	Male	Lincolnshire	11.0	
2	James Burrage	Gresham's	U20	Male	Norfolk	11.1	
3	Jack Hamment - Russell	City College and CoNAC	U20	Male	Norfolk	11.8	

4	Nureyn Mwang'ombe	Gresham's	U20	Male	Norfolk	12.6	
	100m	Senior Girls				Wind 0.0	
Position	Name	School/Club	Category	Gender	County	Time	
1	Mica Carus	Notre Dame	U20	Female	Norfolk	13.5	
2	Florence O'Leary	Gresham's	U20	Female	Norfolk	13.8	
3	Millie Bastian	West Norfolk Athletics Club	U20	Female	Norfolk	14.0	
4	Mia Moore	Springwood Highschool and West Norfolk Athletics Club	U20	Female	Norfolk	14.2	
5	Ellen Scates	Hartismere	U20	Female	Suffolk	15.2	
	100m	Inter Girls A				Wind +2.4	
Position	Name	School/Club	Category	Gender	County	Time	
1	Evie Patrick	Reepham High School and College CoNAC	U17	Female	Norfolk	11.9	
2	Ava Ogunyoku	Hellesdon High School	U17	Female	Norfolk	13.5	
3	Isabel Smythe	Thetford grammar, conac	U17	Female	Norfolk	13.6	
	100m	Inter Girls B				Wind +0.3	
Position	Name	School/Club	Category	Gender	County	Time	
1	Katie Marsh	The Deepings School. Peterborough & Nene Valley AC	U17	Female	Lincolnshire	13.6	
2	Lara Densley	Thorpe St Andrew	U17	Female	Norfolk	13.9	
3	Rutendo Chikopa	Notre Dame High School	U17	Female	Norfolk	14.5	
4	Lil Slaughter	Hethersett Academy/ CONAC	U17	Female	Norfolk	14.7	
5	Michelle Williams	Gresham's	U17	Female	Norfolk	14.9	
	100m	Inter Boys A				Wind +0.8	
Position	Name	School/Club	Category	Gender	County	Time	
1	Christian Tansey	KES ans WNAC	U17	Male	Norfolk	11.6	
2	Fazil Akyol	Woodbridge School / Ipswich Harriers	U17	Male	Suffolk	12.2	
3	Robbie Dalrymple	Taverham CONAC	U17	Female	Norfolk	12.8	

4	Ellis Feeley	Thorpe St Andrew and Sixth Form	U17	Male	Norfolk	13.0	
	100m	Inter Boys B				Wind 0.0	
Position	Name	School/Club	Category	Gender	County	Time	
1	Harvey Nkrumah	Norwich School	U17	Male	Norfolk	11.8	
2	Jack Yaxley	Norwich School	U17	Male	Norfolk	12.2	
3	Harry Fox	Gresham's	U17	Male	Norfolk	12.5	
	100m	Inter Boys C				Wind +0.2	
Position	Name	School/Club	Category	Gender	County	Time	
1	William Trangmar	Soham Village College, West suffolk athletics	U17	Male	Cambridgeshire	11.4	
2	Zak Jones	Norwich School	U17	Male	Norfolk	11.7	
3	Liam Clare	St Clements High School & Ryston Runners	U17	Male	Norfolk	11.8	
4	Moyo Afolabi	Wymondham College	U17	Male	Norfolk	11.8	
5	Yung Tsang	Culford school	U17	Male	Suffolk	13.9	
	100m	Junior Girls A				Wind +0.1	
Position	Name	School/Club	Category	Gender	County	Time	
1	Chloe Thorne	Long Stratton High - Conac	U15	Female	Norfolk	12.9	
2	Alice Marjoram	Gresham's	U15	Female	Norfolk	13.4	
3	Aisha Elouassi	Dereham Neatherd high school conac	U15	Female	Norfolk	13.6	
4	Chelsey Irving	Hethersett Academy and Conac	U15	Female	Norfolk	13.9	
5	BB Brook	Litcham School (and CoNAC)	U15	Female	Norfolk	14.3	
	100m	Junior Girls B				Wind +1.2	
Position	Name	School/Club	Category	Gender	County	Time	
1	Faith Ayilara	Wymondham College	U15	Female	Norfolk	13.7	
2	Emma Broad	Downham Market Academy / WNAC	U15	Female	Norfolk	13.9	
3	Freya Knight	The Nicholas Hammond Academy (Ryston Runners)	U15	Female	Norfolk	14.2	
4	Ella Goldring	Alderman Peel - Ryston runners	U15	Female	Norfolk	14.3	
5	Keola Silver	Wymondham College (conac)	U15	Female	Norfolk	16.9	

	100m	Junior Girls C				Wind +2.3	
Position	Name	School/Club	Category	Gender	County	Time	
1	Lily Bradley	Hethersett Academy (CONAC)	U15	Female	Norfolk	12.4	
2	Lily Vinyard	Ipswich Harriers	U15	Female	Suffolk	13.4	
3	Maisie Patrick	Reepham High School	U15	Female	Norfolk	13.5	
4	Lily Burton	Kesgrave High School and Ipswich harriers	U15	Female	Suffolk	13.8	
5	Neve Devine	Norwich School	U15	Female	Norfolk	14.3	
	100m	Junior Girls D				Wind +0.3	
Position	Name	School/Club	Category	Gender	County	Time	
1	Sienna Slater	St. George's Sleaford, (PANVAC club)	U15	Female	Lincolnshire	13.3	
2	Ruby Avis	Hadleigh High	U15	Female	Suffolk	13.6	
3	Tamara Riches	Diss High School. Diss District Athletics Club	U15	Female	Norfolk	14	
4	Ruby-Maya Campbell	Framingham Earl High School	U15	Female	Norfolk	14.1	
5	Ruxandra Marcu	Hethersett Academy	U15	Female	Norfolk	19.3	
	100m	Junior Boys A				Wind +1.6	
Position	Name	School/Club	Category	Gender	County	Time	
1	Barney Clarke	Hartismere high school	U15	Male	Suffolk	11.8	
2	Kavanaugh Remy	Wymondham College	U15	Male	Norfolk	12.6	
3	Ben Stosic	Hethersett Academy	U15	Male	Norfolk	12.7	
4	Cody Steward	Thurston community college	U15	Male	Suffolk	13.1	
5	Daniel Fife	Litcham High School	U15	Male	Norfolk	13.2	
6	Lewis Dickerson	Hethersett Academy.	U15	Male	Norfolk	13.2	
7	Anthony Iyaji	Notre Dame High School	U15	Male	Norfolk	14.4	
	100m	Junior Boys C				Wind +1.7	
Position	Name	School/Club	Category	Gender	County	Time	
1	Oluwaferanmi Afolabi	Wymondham College	U15	Male	Norfolk	11.9	

2	Mario Salter	Ipswich Harriers	U15	Male	Suffolk	12.6	
3	Ricky Nicholls	Kesgrave High School, Ipswich Harriers	U15	Male	Suffolk	12.8	
4	Ru McIntyre	Gresham's	U15	Male	Norfolk	13.2	
5	Theo Carus	Jane Austen College	U15	Male	Norfolk	13.3	
6	Solomon Read	Caister Academy & GYDAC	U15	Male	Norfolk	14.0	
	Hammer	All					
Position	Name	School/Club	Category	Gender	County	Distance	Category position
1	Maximilian Brookes	Hartismere High School	U15	Male	Suffolk	40.96	1
2	Willow Rose Bedding	Cambourne VC	U17	Female	Cambridgeshire	37.50	1
3	Nancy Akyol	Woodbridge School / Harriers	U15	Female	Suffolk	35.01	1
4	Poppy Hewitt	City of Norwich school, City of Norwich athletics club	U17	Female	Norfolk	34.34	2
5	Alicia Mae Howard	IES Breckland - Thetford AC	U15	Female	Suffolk	33.54	2
6	Tamzin Diggall-Race	St Mary's school, Cambridge (Hunts AC)	U17	Female	Cambridgeshire	32.32	3
7	Thomas Norkett	Thetford AC (Thetford Academy)	U15	Male	Norfolk	20.96	2
	Shot 1	JB & JG					
Position	Name	School/Club	Category	Gender	County	Distance	Category position
1	Edgar Alston	Gresham's	U15	Male	Norfolk	12.04	1
2	Tobi Dada	Royal Hospital School	U15	Male	Suffolk	10.72	2
3	Mojuba Akinyeye	Gresham's	U15	Female	Norfolk	10.07	1
4	Alfie Hannent	Framingham Earl High School	U15	Male	Norfolk	10.07	3
5	Caitlin Bell	Ormiston Victory Academy (city of norwich athletics club)	U15	Female	Norfolk	9.84	2
6	Maddy Powles-Warren	Hethersett Academy CoNAC	U15	Female	Norfolk	9.25	3
7	Agatha Gouldby	East Point Academy Waveney Valley AC	U15	Female	Suffolk	9.05	4
8	Alfie Girling	Sir John Leman	U15	Male	Suffolk	8.72	4
9	Tyler Read	Hartismere school, Eye, Diss Athletics Club	U15	Male	Suffolk	8.53	5
10	Enide Adeyoe-Fadipe	Wymondham College	U15	Female	Norfolk	8.41	5
11	Kai Wiseman	Dereham Neatherd High School	U15	Male	Norfolk	8.15	6

12	Joanna Fayenuwo	Wymondham College	U15	Female	Norfolk	7.88	6
	Long jump 1	JB					
Position	Name	School/Club	Category	Gender	County	Distance	Wind
1	Billy Francis	Norwich School	U15	Male	Norfolk	5.10	0
2	George Smith	Great Yarmouth Charter Academy / GYDAC	U15	Male	Norfolk	5.07	0
3	Ricky Nicholls	Kesgrave High School, Ipswich Harriers	U15	Male	Suffolk	4.92	0
4	Maliki Mullett	Kesgrave High school/Ipswich Harriers	U15	Male	Suffolk	4.68	-3.5
5	Mario Salter	Ipswich Harriers	U15	Male	Suffolk	4.65	-1
6	Max Coubrough	Gresham's	U15	Male	Norfolk	4.51	0
7	Lewis Dickerson	Hethersett Academy.	U15	Male	Norfolk	4.37	-1.7
8	Riley Bell	The Nicholas Hammond Academy	U15	Male	Norfolk	4.32	0
9	Ben Stosic	Hethersett Academy	U15	Male	Norfolk	4.30	-0.2
10	Kai Wiseman	Dereham Neatherd High School	U15	Male	Norfolk	4.04	0
11	Joe Manoharan	Wymondham College	U15	Male	Norfolk	3.99	-0.3
	Discus 1	JB JG IG					
Position	Name	School/Club	Category	Gender	County	Distance	Category position
1	Maximilian Brookes	Hartismere High School	U15	Male	Suffolk	35.15	1
2	Charlotte Graham	Ipswich High School	U17	Female	Suffolk	32.20	1
3	Edgar Alston	Gresham's	U15	Male	Norfolk	28.42	2
4	Poppy Walker	Wymondham High Academy; CoNAC	U17	Female	Norfolk	25.70	2
5	Luella Brookes	Hartismere High School	U17	Female	Suffolk	25.26	3
6	Willow Rose Bedding	Cambourne VC	U17	Female	Suffolk	23.10	4
7	Poppy Hewitt	City of Norwich school, City of Norwich athletics club	U17	Female	Norfolk	22.05	5
8	Leigha Mayston	Sir John leman	U17	Female	Suffolk	18.72	6
9	Alfie Girling	Sir John Leman	U15	Male	Suffolk	18.67	3
10	Joanna Fayenuwo	Wymondham College	U15	Female	Norfolk	16.97	1
11	Jack Saint	Wymondham College	U15	Male	Norfolk	16.65	4
12	Thomas Norkett	Thetford AC (Thetford Academy)	U15	Male	Norfolk	14.93	5
13	Tom Hendrick	Wymondham College	U15	Male	Norfolk	13.45	6

14	Enide Adeyoe-Fadipe	Wymondham College	U15	Female	Norfolk	12.68	2
	Shot 2	IB SB					
Position	Name	School/Club	Category	Gender	County	Distance	Category position
1	Alfie Williams	College of West Anglia, Kings Lynn (West Norfolk AC)	U20	Male	Norfolk	13.10	1
2	Ashton Webb	Wisbech Grammer School	U17	Male	Cambridgeshire	12.42	1
3	Michael van Haren	Royal Hospital School (Waveney Valley AC)	U20	Male	Suffolk	12.30	2
4	Freddie Papworth	Gresham's	U17	Male	Norfolk	12.12	2
5	Oren Everett	Aylsham high School	U17	Male	Norfolk	10.88	3
6	Oscar Chapman	Gresham's	U20	Male	Norfolk	10.74	3
7	Harvey Nkrumah	Norwich School	U17	Male	Norfolk	10.22	4
8	Sam Gowing	Wymondham College	U17	Male	Norfolk	9.55	5
9	Oliver Wilman	Wymondham College	U17	Male	Norfolk	8.92	6
	Long jump 2	JG					
Position	Name	School/Club	Category	Gender	County	Distance	Wind
1	Isabelle Mardle	Norwich School (City of Norwich athletics club)	U15	Female	Norfolk	5.39	0
2	Lola Smith	Hethersett Academy	U15	Female	Norfolk	4.47	0
3	Caitlin Bell	Ormiston Victory Academy (city of norwich athletics club)	U15	Female	Norfolk	4.37	-0.8
4	Freya Knight	The Nicholas Hammond Academy (Ryston Runners)	U15	Female	Norfolk	4.32	0
5	Lana Inniss	Northgate High School, Ipswich Harriers	U15	Female	Suffolk	4.23	0
6	Emma Broad	Downham Market Academy / WNAC	U15	Female	Norfolk	3.92	0.3
7	Scarlette Allenby	Framingham Earl High School	U15	Female	Norfolk	3.54	0
8	Nevaeh Gordon	Chantry academy. Ipswich harriers	U15	Female	Suffolk	3.44	0
9	Isabella Muntingh	Framingham Earl High School	U15	Female	Norfolk	3.40	0
10	Stevie Ashby	Aylsham high school, north norfolk harriers	U15	Female	Norfolk	3.28	-0.2
11	Ruxandra Marcu	Hethersett Academy	U15	Female	Norfolk	3.11	0
	Discus 2	IB SB SG					
Position	Name	School/Club	Category	Gender	County	Distance	Category pos
1	Alfie Williams	College of West Anglia, Kings Lynn (West Norfolk AC)	U20	Male	Norfolk	39.28	1

2	Michael van Haren	Royal Hospital School (Waveney Valley AC)	U20	Male	Suffolk	37.52	3
3	Freddie Papworth	Gresham's	U17	Male	Norfolk	26.76	1
4	Josh Bush	Gresham's	U20	Male	Norfolk	26.62	2
5	Oliver Wilman	Wymondham College	U17	Male	Norfolk	24.19	2
6	Miles Hovell	Springwood high school	U17	Male	Norfolk	22.67	3
7	Oren Everett	Aylsham high School	U17	Male	Norfolk	22.36	4
8	Grace Jermy	Thorpe St Andrew Sixth Form and CONAC	U20	Female	Norfolk	21.64	1
9	Sam Gowing	Wymondham College	U17	Male	Norfolk	21.52	5

Shot 3

Position	Name	School/Club	Category	Gender	County	Distance	Category pos
1	Lucy Oakley	Downham Market Academy (CoNAC)	U17	Female	Norfolk	10.71	1
2	Ellen Cunningham	Langley School, CoNAC	U20	Female	Norfolk	10.55	1
3	Asha Soanes	Abbeygate 6th Form College (Thetford Athletics Club)	U20	Female	Suffolk	9.99	2
4	Charlotte Graham	Ipswich High School	U17	Female	Suffolk	9.58	2
5	Nancy Akyol	Woodbridge School / Harriers	U15	Female	Suffolk	9.09	1
6	Rutendo Chikopa	Notre Dame High School	U17	Female	Norfolk	8.68	3
7	Leigha Mayston	Sir John leman	U17	Female	Suffolk	7.23	4
8	Abigail Aujoux	THORPE ST ANDREW SCHOOL AND SIXTH FORM	U17	Female	Norfolk	7.11	5

Long jump 3

Position	Name	School/Club	Category	Gender	County	Distance	Category pos	Wind
1	Conrad Winter	Aylsham High School and CONAC	U17	Male	Norfolk	6.38	1	0
2	Ethan Ellis	Wymondham High School and city of Norwich Athletics	U17	Male	Norfolk	6.06	2	-2.8
3	Christian Tansey	KES ans WNAC	U17	Male	Norfolk	5.63	3	0
4	Lewis Wing	Wisbech Grammar School /Hunts AC	U17	Male	Cambridgeshire	5.63	4	-1.3
5	Henry Nanka Bruce	Wymondham College	U17	Male	Norfolk	5.20	5	-1.9
6	Jack Yaxley	Norwich School	U17	Male	Norfolk	5.04	6	-0.5
7	Sam Wong	Gresham's	U17	Male	Norfolk	4.75	7	0
8	Jack McIntosh	Thorpe St Andrew School and sixth form	U17	Male	Norfolk	4.60	8	1.9
9	Ava Ogunyoku	Hellesdon High School	U17	Female	Norfolk	3.76	1	0.3

	High jump	All					
Position	Name	School/Club	Category	Gender	County	Distance	Category pos
1	Dylan Phillips	The Deepings Academy and PANVAC	U20	Male	Lincolnshire	1.80	1
2	Daisy Dalrymple	Sir Isaac Newton CONAC	U20	Female	Norfolk	1.70	1
3	Jay Liczbinski	Downham Market Academy, Ryston Runners	U17	Male	Norfolk	1.65	1
4	Maliki Mullett	Kesgrave High school	U15	Male	Suffolk	1.55	1
5	Ben Michel	Gresham's	U20	Male	Norfolk	1.55	2
6	Eme Gitiba	Wymondham College	U17	Male	Norfolk	1.50	2
7	Daniel Orekogbe	Wymondham College	U15	Male	Norfolk	1.45	2
8	Amelia Gooding	West Norfolk athletic club	U15	Female	Norfolk	1.45	1
9	Charlotte Gilding	Framingham Earl High School (Conac)	U15	Female	Norfolk	1.35	4
10	Gracie Calvert	Gresham's	U15	Female	Norfolk	1.35	2
11	Sophia Pickering	Wymondham College	U15	Female	Norfolk	1.35	2
12	Allyna Mukuya	Caister Academy & GYDAC	U15	Female	Norfolk	1.35	4
13	Maggie Bean	Aylsham High School and GYDAC	U17	Female	Norfolk	1.35	1
	Javelin 1	Male					
Position	Name	School/Club	Category	Gender	County	Distance	Category pos
1	Oliver Thomas	Gresham's	U20	Male	Norfolk	48.61	1
2	Travis Starling	Sheringham High School	U17	Male	Norfolk	39.03	1
3	Freddie Snary	Wymondham College	U17	Male	Norfolk	37.14	2
4	Oliver Heather-Hayes	Ipswich School/ Ipswich Harriers	U15	Male	Suffolk	33.14	1
5	Louis Preston	Attleborough Academy (Dereham Runners)	U17	Male	Norfolk	32.86	3
6	Miles Hovell	Springwood high school	U17	Male	Norfolk	32.50	4
7	Marcus Holt	Springwood High School, WNAC	U20	Male	Norfolk	32.40	2
8	Thomas O'Neill	Norwich School	U15	Male	Norfolk	30.75	2
9	Ryan Wood	Reepham High & Conac	U17	Male	Norfolk	30.20	5
10	Tyler Read	Hartismere school, Eye, Diss Athletics Club	U15	Male	Suffolk	28.37	3
11	Charlie Pain	Wymondham High Academy / CoNAC	U15	Male	Norfolk	21.35	4
	Long jump 4						

Position	Name	School/Club	Category	Gender	County	Distance	Category pos	Wind
1	Jules Walker	Wymondham College	U20	Male	Norfolk	5.81	1	-0.3
2	Leo Joscelyne	Langley School	U20	Male	Norfolk	5.66	2	0
3	Nureyn Mwang'ombe	Gresham's	U20	Male	Norfolk	5.34	3	0.5
4	Louisa Johnstone	Gydac	U20	Female	Norfolk	4.80	1	-2.0
5	Joseph Williams	Springwood high school, west norfolk athletics club	U20	Male	Norfolk	4.77	4	0
6	Beth Greenwood	Thorpe sixth form GYDAC	U20	Female	Norfolk	4.50	2	-1.6
7	Rose Fairhurst	Sheringham High School/City of Norwich AC	U17	Female	Norfolk	4.41	1	0
	Triple jump 1	All male						
Position	Name	School/Club	Category	Gender	County	Distance	Category pos	Wind
1	Conrad Winter	Aylsham High School and CONAC	U17	Male	Norfolk	13.66	1	-0.3
2	Joel Burgess	Sir John Leman	U17	Male	Suffolk	12.92	2	-2.3
3	Ryan Wood	Reepham High & Conac	U17	Male	Norfolk	11.59	3	-1.3
4	Bobby Rash	Gresham's	U20	Male	Norfolk	11.41	1	-1.3
5	Kieran Bell	The Nicholas Hammond Academy	U17	Male	Norfolk	11.10	4	-1.8
6	Fazil Akyol	Woodbridge School / Ipswich Harriers	U17	Male	Suffolk	10.75	5	-1.9
7	Mustafa Kasaga	Wymondham College	U17	Male	Norfolk	10.01	6	-1.7
8	Ellis Feeley	Thorpe St Andrew and Sixth Form	U17	Male	Norfolk	9.56	7	-2.0
	Javelin 2	All female						
Position	Name	School/Club	Category	Gender	County	Distance	Category pos	Wind
1	Asha Soanes	Abbeygate 6th Form College (Thetford Athletics Club)	U20	Female	Suffolk	32.00	1	
2	Lucia Pampanini	Ipswich High School Ipswich Harriers	U15	Female	Suffolk	30.05	1	
3	Moira Doleman	Jane Austen College; City of Norwich Athletics Club	U17	Female	Norfolk	29.72	1	
4	Hollie Willeard	Ormiston Venture Academy and GYDAC	U17	Female	Norfolk	28.66	2	
5	Tamzin Diggall-Race	St Mary's school, Cambridge (Hunts AC)	U17	Female	Cambridgeshire	28.58	3	
6	Eden Harrison	Wymondham College/ Conac	U20	Female	Norfolk	28.11	2	
7	Maddy Powles-Warren	Hethersett Academy CoNAC	U15	Female	Norfolk	27.24	2	
8	Lilymae Coote	Flegg high school Gydac	U15	Female	Norfolk	23.54	3	

